

Continental Polka

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Louise G. Webber (USA)

Musik: Alice - Jimmy Sturr



RIGHT HEEL CROSS, RIGHT CHASSE'; LEFT HEEL CROSS, LEFT CHASSE'

- 1 Right heel touch forward
- 2 Right toes cross (touch) over left
- 3&4 Shuffle to side right-left-right
- 5 Left heel touch forward
- 6 Left toes cross (touch) over right
- 7&8 Shuffle to side left-right-left

WALK FORWARD (RIGHT-LEFT-RIGHT), KICK LEFT; WALK BACK (LEFT RIGHT), LEFT COASTER STEP

- 9 Step right forward
- 10 Step left forward
- 11 Step right forward
- 12 Left kick forward
- 13 Step left back
- 14 Step right back
- 15 Step left back
- & Right step home
- 16 Step left forward

RIGHT HEEL CROSS, RIGHT CHASSE'; LEFT HEEL CROSS, LEFT CHASSE'

- 17 Right heel touch forward
- 18 Right toes cross (touch) over left
- 19&20 Shuffle to side right-left-right
- 21 Left heel touch forward
- 22 Left toes cross (touch) over right
- 23&24 Shuffle to side left-right-left

RIGHT JAZZ BOX; RIGHT JAZZ BOX WITH ¼ TURN RIGHT

- 25 Right cross (step) over left
- 26 Step left back
- 27 Right step to side
- 28 Left step home
- 29 Right cross (step) over left
- 30 Step left back
- 31 Right step to side with ¼ turn right
- 32 Left step home

REPEAT
